

Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

MARCH 2025

WELCOME TO THE MARCH EDITION OF OUR EMPLOYEE NEWSLETTER,



As we step into April, we take a moment to reflect on the incredible dedication, teamwork, and care demonstrated throughout the month of March. Each one of you plays a vital role in shaping our mission and delivering hope and healing. Your commitment, compassion, and resilience continue to inspire us all. Let this edition be a reminder that every effort counts, and together, we are making a real difference.

Keep shining, keep inspiring !



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REFLECTIONS

March 2025

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Operational & Clinical Highlights

Hans Hospital, Haridwar

19,310

TOTAL OPD

Ophthalmology : 17,679

ENT : 648

Internal Medicine : 527

General surgery : 0

Orthopedics : 456

1,390

SURGERIES

Ophthalmology Surgeries : 1372

Orthopedics : 8

General surgery : 0

ENT Surgeries : 10

Hans Haridwar's 5 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

99%

PHACO SURGERIES THIS MONTH & 1% SICS

55%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

56 minutes

STAY TIME OF APPOINTMENT PATIENTS IN THE HOSPITAL

2,171

OPTICAL DISPENSING THIS MONTH

72%

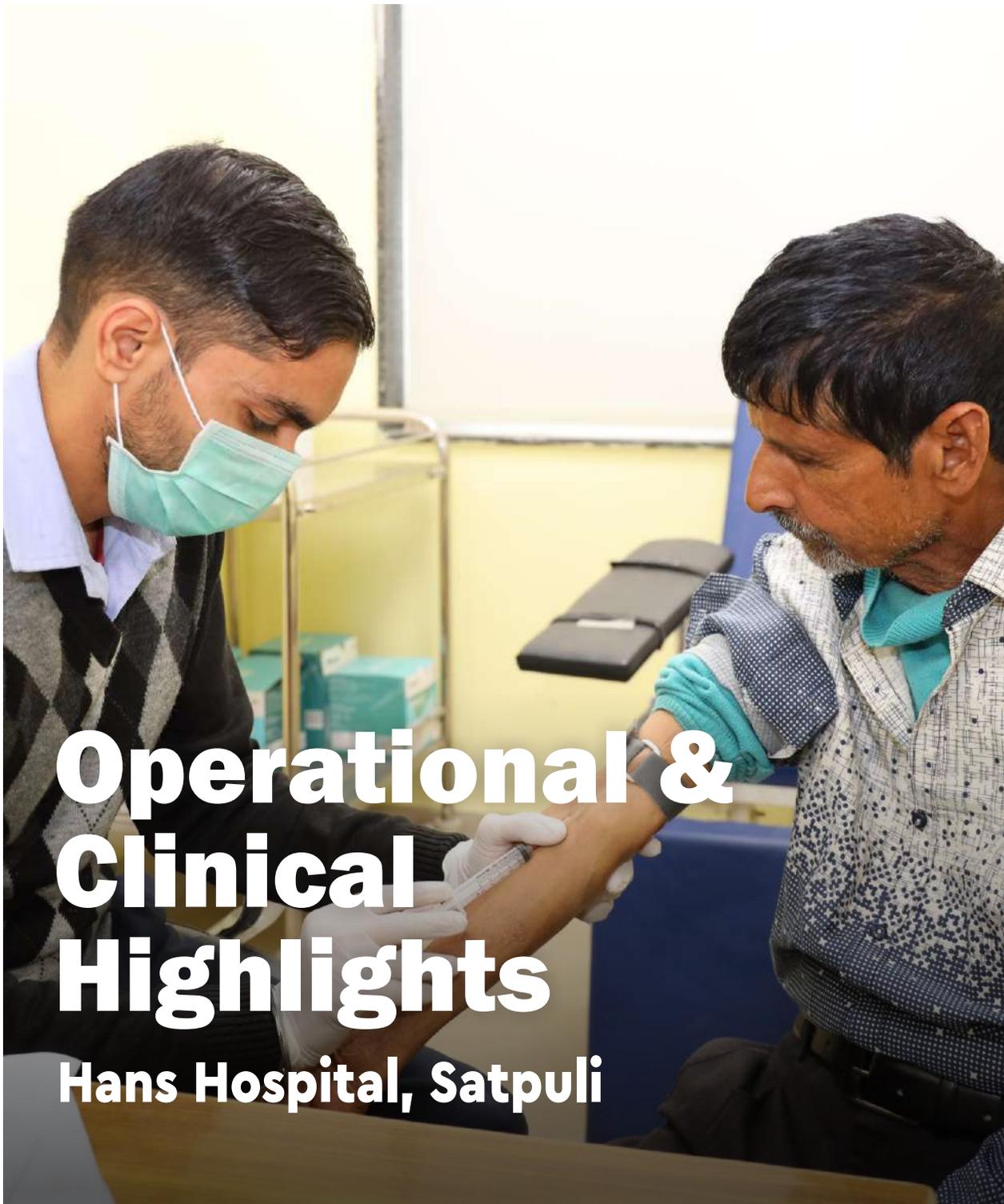
OPTICAL CONVERSION% THIS MONTH

10,449

PHARMACY DISPENSING THIS MONTH

65%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

11,563

TOTAL OPD

Internal Medicine : 2250
Ophthalmology : 6146
General Surgery : 687
Orthopedics : 841
Obstetrics & Gyne : 100
Dental : 474
Pediatrics : 234
ENT : 746
Outreach : 85

1,625

SURGERIES

Ophthalmology : 1483
General Surgery : 89
Orthopedics : 29
Obstetrics & Gyne : 01
ENT : 23

2,186

RADIOLOGY

X-Ray : 1138
ULTRASOUND : 767
CT Scan : 281

39%

NEW PATIENT%
THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,833

TOTAL ADMISSIONS

Ophthalmology : 1534
General Surgery : 91
Internal Medicine : 130
Orthopedics : 32
Obstetrics & Gyne : 2
Pediatrics : 21
ENT : 23

277

EMERGENCY FOOTFALLS

265

DIALYSIS

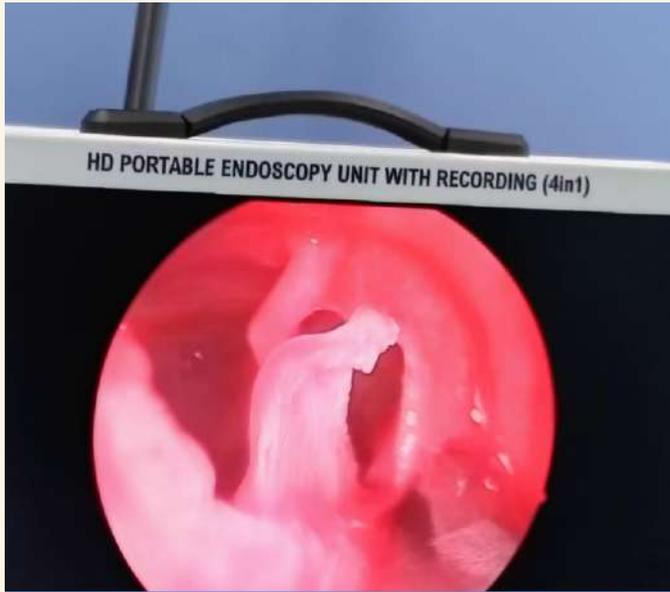
7

TOTAL DELIVERIES

Patient Story of Triumph

ENT Surgery - Hans Hospital, Haridwar

FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)



ENDOSCOPY VIEW



DR. LOVELEEN & OT TEAM



NASAL POLYPS REMOVED

10 वर्षीय अंकिता कंडारी लंबे समय से सांस लेने में तकलीफ से जूझ रही थी। परिजन उसे कई अस्पतालों में ले गए, पर कोई समाधान नहीं मिला। अंततः हंस अस्पताल, हरिद्वार की ईएनटी ओपीडी में पहुँचने पर डॉ. समीर ने जाँच के बाद बताया कि उसकी नाक में नैजल पॉलिप्स हैं, जिनका एकमात्र समाधान सर्जरी है।

26 मार्च को अंकिता को भर्ती किया गया और उसी दिन डॉ. समीर एवं उनकी अनुभवी OT टीम “ डॉ. लवलीन (एनेस्थेतिस्ट), राजेश, दीपक व समीशा ” ने अत्याधुनिक Microdebrider Machine द्वारा सफल फंक्शनल एंडोस्कोपिक साइनस सर्जरी (एफईएसएस) सर्जरी की।

सिर्फ दो दिनों की पोस्ट ऑपरेटिव देखभाल के बाद अंकिता मुस्कान और राहत के साथ घर लौटी। अब वह खुलकर सांस ले पा रही है और सामान्य जीवन की ओर लौट रही है।

Employee Spotlight

Recognizing Our Healthcare Heroes

Healthcare Hero

DR. SUDIP KUMAR DEO

General Surgeon

The Hans Foundation General Hospital, Satpuli

THE JOURNEY SO FAR

Dr. Sudip Kumar Deo's path in medicine has been marked by determination, grit, and a deep sense of purpose. After earning his MBBS from BPKIHS, Dharan, he began his professional journey as a Medical Officer, working in Emergency Medicine and Pediatrics. These early years were foundational, helping him build the clinical confidence and empathy that continue to define his approach today.

He then embarked on a challenging yet transformative three-year surgical residency at AIIMS Delhi, a time he recalls as filled with "unwavering commitment and near sleeplessness." Post-residency, he took on the role of Senior Resident at ESIC Hospital, Noida, where he further sharpened his surgical skills.

WHY I CHOSE THIS CAREER

"For me, the power to heal through surgery brings immense satisfaction and joy. There's nothing more rewarding than seeing a patient recover and thrive after a procedure."

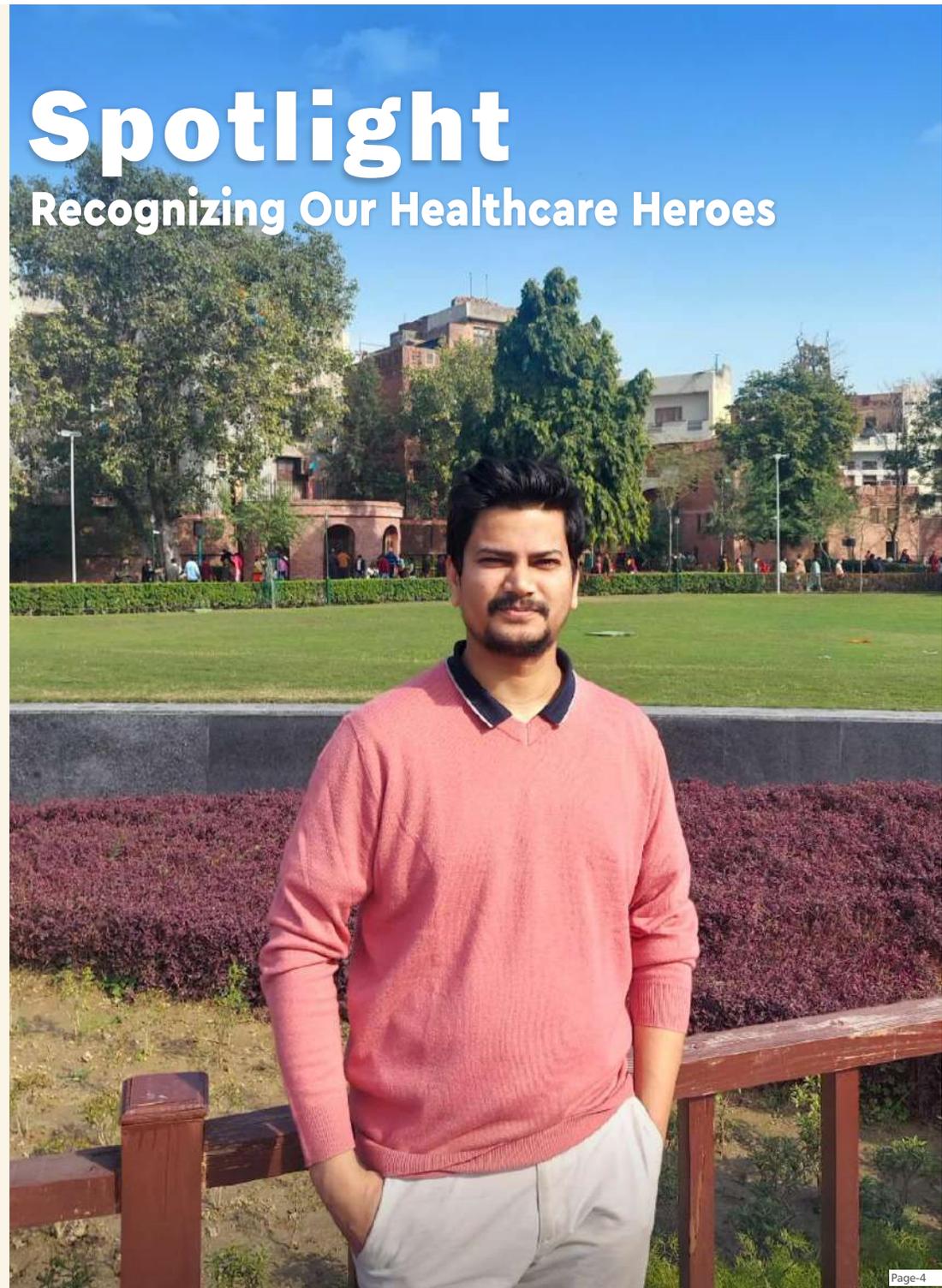
GETTING TO KNOW DR. SUDIP KUMAR DEO

FAVOURITE FOOD

A traditional Nepali, Thakali, or Maithili thali tops his list. His ideal plate is a wholesome spread featuring steamed rice with ghee-laced dal, spicy chutneys, fresh greens, crispy aalu bhujija, gundruk achar, dahi, papad, salad, and rich mutton curry—a delightful harmony of culture and flavor.

FAVOURITE GETAWAY PLACE

"Any remote island, surrounded by the vast, serene ocean." A space to unwind and recharge.





WHAT I LIKE MOST ABOUT THE HANS FOUNDATION HOSPITALS

“What truly stands out at THFH is the uplifting work culture. The management is genuinely encouraging, the team is honest and hardworking, and there's a shared commitment to compassionate care. The clean, peaceful surroundings only add to the overall positivity.”

ABOUT MY FAMILY

“I live with my beautiful wife — we got married just a year ago — and our newest, god-sent family member, Vedu, our adorable girl dog. I also have a younger sister and a brother. My parents are both retired now and enjoying their time at home.”

MY SOURCE OF INSPIRATION & ROLE MODEL

Dr. Priyam, my wife — for her constant support, unwavering belief in me, her kindness, selfless love, and for inspiring me to become a better human every single day.

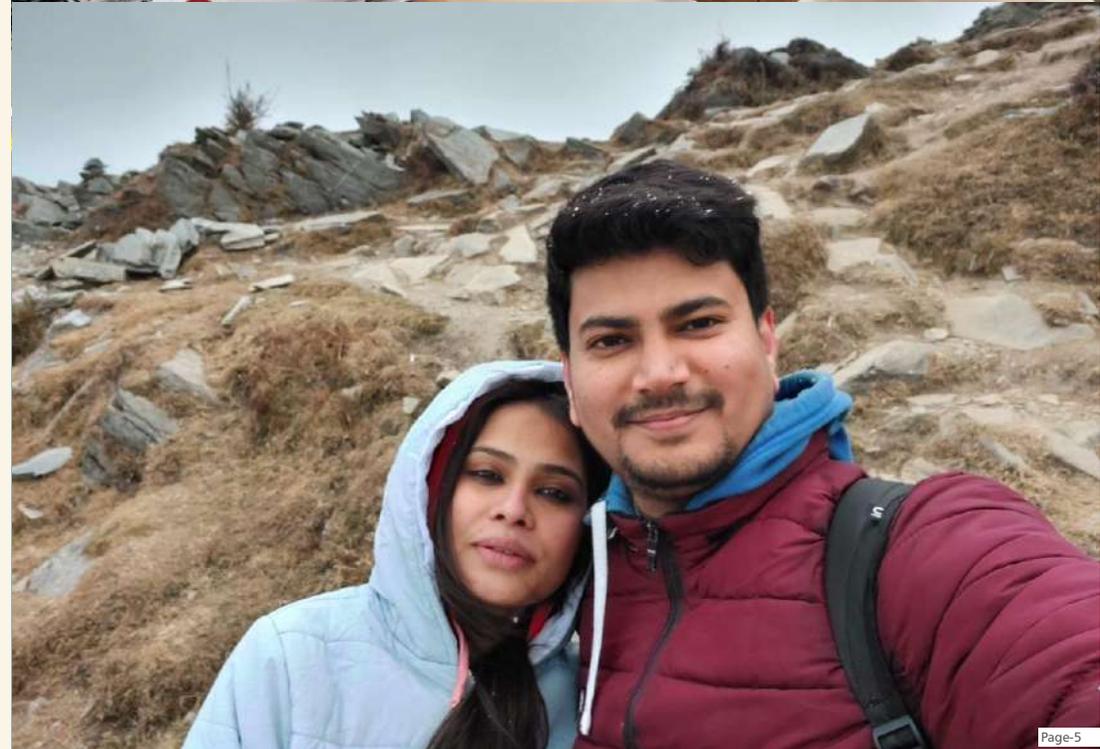
Roger Federer — for his humility, discipline, and dedication in bringing positive change to the world through sports.

FAVORITE PASTIME

“Cricket, trekking with Priyam and Vedu, and... sleeping! That's my ultimate combo for joy, bonding, and rest.”

A PROUD MOMENT IN MY LIFE

“Serving as Chief Resident at AIIMS Delhi and assisting in Kidney Transplant surgeries—a profound privilege. Being part of such life-changing procedures and witnessing the impact on patients and their families is something I will forever cherish.”



Shining Stars

March



Bhawana Banaula, our Employee of the Month, has been with us since September 21, 2022. As a dedicated and hardworking Staff Nurse, Bhawna consistently delivers exceptional patient care and collaborates seamlessly with her colleagues. Her tireless work ethic, compassion, and commitment to excellence have earned her this well-deserved recognition, and we are grateful to have her on our team.



Amisha Chauhan has been an integral part of The Hans Foundation General Hospital since July 2022, serving with dedication in the Nursing Department. Over time, her consistent performance, compassionate approach, and clinical skills have led her to take on a crucial role in the Intensive Care Unit (ICU).

Amisha is known for her calm and focused demeanor, even in high-pressure situations. Her commitment to patient care, attention to detail, and ability to work seamlessly with the medical team make her a valuable asset to the hospital. With her patient-first attitude and professional integrity, she continues to uphold the highest standards of nursing care.

Congratulations to Bhawana & Amisha for being chosen as our Shining Stars!

Bhawana Banaula
Nursing
Hans Hospitals, Haridwar



Amisha Chauhan
Nursing(ICU)
Hans Hospitals, Satpuli





निःशुल्क नेत्र चिकित्सा शिविर

हंस क्लिनिक, कोटद्वार

Life Beyond Work

Hans Hospital, Haridwar

A JOYOUS CELEBRATION



Dietitian Deepa showered her daughter Adi Shri with love and affection as they celebrated her birthday with their family on 27th March 2025, creating cherished memories that will be treasured for a lifetime in a joyous and heartwarming gathering.

EID CELEBRATIONS WITH LOVED ONES



Shamim from the TPA department joyfully celebrated Eid with his family on 30th March 2025, surrounded by the warmth and love of his loved ones, as they came together to mark the occasion with traditional rituals, delicious food, & cherished moments.

CELEBRATING BIRTHDAY WITH BLESSINGS



Rakesh Singh from the Nursing department, on his daughter Eshanvi's 5th birthday, took his family to the temple, where they sought blessings and later celebrated her birthday with family, filled with joy, love, and laughter.

A SPIRITUAL GETAWAY



Antima from the Front Office embarked on a delightful trip to Kunjapuri Mandir in Rishikesh on 24th March 2025, accompanied by friends, immersing in the serene surroundings and spiritual energy, creating unforgettable memories.

SPIRITUAL VISIT IN HARIDWAR



Sahil from ECI Counselling and Neelam from Optometry embarked on a spiritual journey to Sureshwari Devi Mandir in Haridwar on 22nd March 2025, immersing themselves in the sacred ambiance and tranquility of the revered temple.

Life Beyond Work

Hans Hospital, Satpuli

A BEAUTIFUL GETAWAY TO NAINITAL



In March, Sonam Chawla (Supervisor – Nursing & Patient Experience) and Vijay Darshan from the General OT team enjoyed a refreshing family trip to the scenic hills of Nainital. Surrounded by nature's beauty, the serene lakes and cool breeze offered them a much-needed break from their busy hospital routines. The getaway helped them reconnect with family and return recharged for their duties.

A JOYFUL BIRTHDAY CELEBRATION AT WORK



Akashita, from the Nursing team, celebrated her birthday with joy and warmth on 16th March along with her colleagues. The team gathered to make her day special, sharing smiles, cake, and heartfelt wishes. It was a lovely moment of togetherness and cheer within the department.



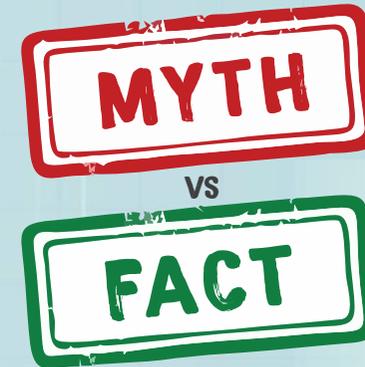
CELEBRATIONS

Hans Hospital, Haridwar & Satpuli

Medical Facts and Trivia :

DO YOU KNOW ?

1. **Your Eyes Can Produce Tears in 3 Different Ways.**
The human eye produces three types of tears: basal (for lubrication), reflex (for protection, like when cutting onions), and emotional (linked to feelings). Emotional tears contain more stress hormones than the other types.
2. **The Sound of Your Heartbeat Is Unique to You.**
Not only does your heart have its own rhythm, but your heartbeat is unique, just like a fingerprint. Using advanced technology, scientists can create a "heartprint" to identify individuals based on the sound of their heartbeat. make this short
3. **Your Body is a Natural Electrical Circuit.**
Your body generates a tiny electrical field that can be measured. This is why heartbeats can be detected with an ECG, and brain activity can be seen with an EEG.
4. **Your Body Has an Internal Clock.**
Your body operates on a circadian rhythm, a 24-hour internal clock that regulates sleep, hormone release, and other bodily functions. It syncs with the day-night cycle.
5. **You Have a "Blind Spot" in Each Eye.**
Every human eye has a "blind spot" where the optic nerve attaches to the retina. The brain fills in this gap so you don't notice it in your daily vision.



MYTH

Humans Only Have Five Senses.
Most people believe that humans only have five senses: sight, hearing, taste, touch & smell.

FACT

In addition to the five basic senses, we also have senses like proprioception (awareness of body position), equilibrioception (sense of balance), and thermoception (sense of temperature).

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

NEW JOINEE



Himanshu Goel
Nursing
Hans Hospital, Haridwar



Aman Mathews
Nursing
Hans Hospital, Satpuli



Ashish Chauhan
Nursing
Hans Hospital, Satpuli



Sumit
Nursing
Hans Hospital, Satpuli



Sweety Kumai
Nursing
Hans Hospital, Satpuli



Dr. Skand Mangain
Medical Officer
Hans Hospital, Satpuli

Important HR Reminders and Updates

Dear Team,

We are pleased to share the following organizational changes and role realignments aimed at enhancing operational efficiency and strengthening leadership across key areas:

1. VIRENDRA SINGH – EXPANDED ROLE

- Continues to lead: Fire & Safety and Comprehensive Security across all units.
- New Responsibility: OPD Services & Crowd Management at Haridwar Unit.

2. VIMAL BHATT – NEW ROLE

- Appointed as Operations Head – Ophthalmology, THFH, Satpuli
- Effective Date: 25th March 2025

3. SACHIN SINGH – DEPUTY MANAGER

- Appointed as Deputy Manager – Orthopedics, General Surgery, ENT, and Gynecology at THFH, Satpuli
- Will oversee patient flow, discharge processes, and ensure high standards of care.
- Will work in close coordination with department heads, medical & admin teams across Haridwar and Kotdwar units.

4. SEEMA ANAND (AGM - OPERATIONS)

The following teams will now report under her leadership at THFH, Haridwar:

- EC1, EC2, EC3, Ec4
- Medical Quality
- MRD
- IT
- Nursing
- Patient Experience

5. OPTICAL DIVISION CONSOLIDATION

- The Optical divisions of Satpuli, Haridwar, and Kotdwar are now unified under a single reporting structure.
- S. Kumar (Deputy Manager) will lead the consolidated Optical Division and continue reporting to Arvind.

We look forward to your continued support and collaboration in ensuring the success of these realignments

Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



WORLD HEALTH DAY
7th April 2025

We're promoting health for all! Let's inspire our patients & staff to make healthier lifestyle choices and raise awareness about quality healthcare access for all.



WORLD LIVER DAY
19th April 2025

Let's take a moment to learn about liver health. We're sharing tips on preventing liver diseases and encouraging regular check-ups for early detection.



WORLD EARTH DAY
22nd April 2025

A healthy planet supports healthy lives! Join us this Earth Day as we plant trees and take eco-friendly actions to create a greener, healthier future for all.



WORLD MALARIA DAY
25th April 2025

Let's unite to fight malaria. We're sharing preventive tips and spreading awareness about this preventable & treatable disease.



STRESS AWARENESS MONTH
(April)

Stress affects both physical and mental health. This month, we're encouraging relaxation techniques and mental well-being support for both staff and patients.

Newsletter Contest

It's an opportunity for employees who're reading this newsletter to answer the questions below and win interesting prizes.

- Q1. Who performed Ankita's Functional Endoscopic Sinus Surgery (FESS), on which date, at Hans Hospital, Haridwar, and how old was the patient ?
- Q2. In which year did Bhawana Banaula (Haridwar) and Amisha Chauhan (Satpuli) both join The Hans Foundation Hospitals ?
- Q3. Where did Dr. Sudip Kumar Deo complete his surgical residency ?
- Q4. Name the employee spotlight of this month ?
- Q5. Which departments contributed the minimum Surgeries in March in Satpuli ?
- Q6. Whose birthday was celebrated on 16th March 2025 at Hans Hospital Satpuli with colleagues?
- Q7. Who were the new joinees at Hans Hospital, Satpuli, in the month of March 2025 ?
- Q8. Which departments contributed the minimum OPD in March in Haridwar ?
- Q9. What was the Optical percentage at Hans Hospital, Haridwar in March 2025 ?
- Q10. What change has been made in the Optical Division across Satpuli, Haridwar, and Kotdwar ?

Send your answers to Ankita Khamba via-

Email: ankita.khamba@thfhospitals.org

WhatsApp: 73109 59029

The first two correct entries will be selected as the winners.

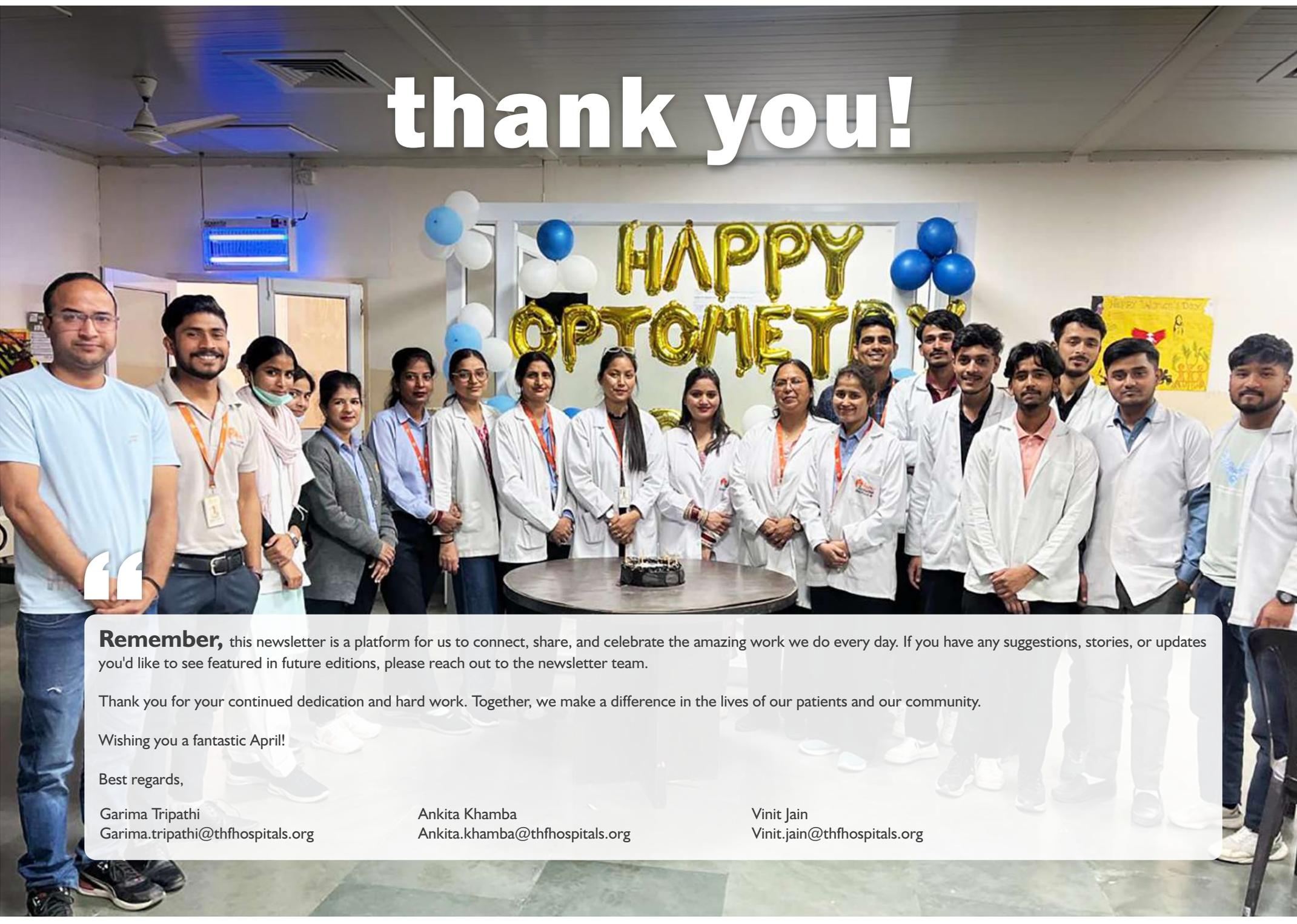
The winners will be announced the day after Reflections is published.

Winner of the last month newsletter contest - **Zafir Ali (Dialysis) Satpuli**



CONTEST

thank you!



HAPPY
OPTOMETRY

Remember, this newsletter is a platform for us to connect, share, and celebrate the amazing work we do every day. If you have any suggestions, stories, or updates you'd like to see featured in future editions, please reach out to the newsletter team.

Thank you for your continued dedication and hard work. Together, we make a difference in the lives of our patients and our community.

Wishing you a fantastic April!

Best regards,

Garima Tripathi
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Ankita Khamba
Ankita.khamba@thfhospitals.org

Vinit Jain
Vinit.jain@thfhospitals.org